

The book to life

Sim Bonnet

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I would be with you as you are with me...

Name:

Adress:

Preface

Dear readers writers this book to memory and
life was made for all.

To talk about the responsibility sense with oneself and with others.

Also for everyone to live...
And act accordingly...

I lived this experience myself and would like to share it with you.

To much joy to me that you enjoy this « journey within yourself » as I
appreciate it.

I made long journeys in my being and I discovered that...

Finally, find you yourself ! The important here is you.

I want to thank those present and intellectually, for supporte me and
contribute to this story.
And also to everybody who reads these lines, helps them, keeps them.

Happiness, successes, peace, victories, luck, welcome to us.
And that is growing, abundant, joyful.

Sim Bonnet
Author

If I can describe myself in a few words I say that I am someone who
protects the world, the nature, the innocents...

I like well being and I always have it.

Great practitioner to natural healing, I'm interested in all to these
domains, that are very interesting.

I always share ideas, ideals, truths and realizations. Today I share with
you a little to know.

Good reading and enjoy your time.

It's gratis :-)

That the life
That the time
That the earth
That the people
That the nature
That the circumstances
May today
And always
To subtract us from the bad
To start us from the good
Today and forever

In oneself, it's a story imaged from four newborns to the family to emotion and reason. I would call them newborns one, two, three and four.

The first was born into a wonderful, cuddly, sweet family... He was raised in a climate with love and trust, which made him happy.

Until he discovered that love is important in life.
He found that this made him a seductive person.
So he had decided to be an example for good !

What did he do according to you ?

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The second was born in a family of little affection. He was raised in lack of love, attention, and true values; he suffered.
So he decided to be loved outside his house.

He wanted to be the best. Until he discovered that he needed love and gratitude.

He found that this made him insensitive to others and small.
So he had decided to change for good !

What did he do according to you ?

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The third was born into an irregular family. Sometimes he felt difficulty to discern the facts.

He had doubts and sometimes took time to make decisions or make choices.

He didn't know what he wanted or the best way to go.

He also found that he didn't know much what to do.
So he had decided to change for good !

What did he do according to you ?

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The fourth was born into an organized and true family. He was reasonable and had good sense.

He understood things with discernment.

He wanted to satisfy the world that in his eyes needed equilibrium, happiness and truths.

He also found that this made him prosperous.
So he had decided to be an example for good !

What did he do according to you ?

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There are four illustrative stories talking about reason, emotion and the childhood importance.

I propose you to write your story now. This book was created for you, so that you write your own story.

You can do it when you want, talking about the period you want.
Or you can start at the beginning... But don't write the end !

There aren't pre-established rules for the your life periods.

***Your time is you doing it
You can always choose where, when and how***

Write your life in these lines, preferably in pencil.

Write your personal information, your life, your wishes...

Write all your memories, the smells, the colors, the scenarios, the most important facts in your life, and those you must to remember...

Write your joys, your emotions, your feelings, your desires...
Write your own life.

Write what comes to your mind if it seems important to you. Write what you want, how you feel.

Let travel your mind, free to think ; to go wherever you want, and take note that you see and resent.

***You can think everything you want,
but you can't to do
everything you think***

Let your mind feel the story of your past again. What you saw and understood. Even if that bothers you.

Look at what you are living now in the present and relationships with the past. Then project yourself to the future and what awaits you.

Life is composed in three times that are linked in yourself. One is often the consequence to the other. So let the past, live today and envisage for tomorrow.

This is personal and belongs to you. Do not be embarrassed to talk about yourself to yourself.

***You can share this book with everyone you want,
When you want***

Write about you ! Talk about everything ! Write your story. Write your emotions, your desires, your wishes, your joys, and everything else.

You can even confess everything, it's the book from your life.

When you have finished your lines and you don't want to write, keep your book.

You will start another day. You will can reread what you wrote. You will have great surprises, great click. You will understand things never understood until then. It's doing this that you will find several keys to your life.

Read again what you want, in the part the book that you want. It's your book, it's you who writes it, it's you who relays it. Always do in your rhythm, according to your desire.

When you reread, think about what you wrote.

To think : get comfortable place in front a window, where you can see the sky, the sea, the mountains, the nature...

On a lounge or in front the beach, under a tree or at the border the river, in your room or in the bathtub ; you can meditate wherever you want ! The important is that it's a quiet place, undisturbed, without noise, calm, zen...

Seek yourself calmness. A little music or silence can help you. A little incense can be nice. Whatever you do well to relax, can only be beneficial.

***I'd like to make it clear that it's nice to have some soft music,
a good smell,
but you do as you feel***

Then relax...

Give free rein to your mind, free to think free to find you.

Think about what you want and then analyze what you think...

Fly over in your being.

Look at yourself as you really are.

Don't be afraid, don't resist and don't lie. Certainly you will find things that are very beautiful and others that you can improve to be happier.

Learn to know you, to love you, to accept you and accept the other...

Also learn to change what you can change and what will be good for you.

Change yourself to the good and accept what is unchangeable.

Learn above all to make the difference between what you can change and what you can not. Destroy all that is bad and keep only what is good.

Learn not to make mistake.

And teach others what is good to know.

To be correct...

It's better to think during the day.
But you can do it at night if you want.
During these moments let also place to your emotions...

You can scream if you want to scream...
You can laugh if you want to laugh...
You can cry if you want to cry...

You can feel what you want; it's your moment with yourself, only with you.

Because you are really important, especially for yourself.
And also for us.

***According to the saying it's certainty
« People always harvest what sowed »
So plant good things***

When you have read and meditated on your being, emphasize what isn't good.

The things you have emphasized don't do it anymore, they aren't good for you.

These things you can change, when you want.
Use a liquid eraser or a rubber and put in place the words you want from now.
Put in this place what you want to do new to your being, to your life.

Put new words in the way you want from now.

Do this when you feel ready, but do it

You must destroy all the bad and put in the place what today does you good and brings happiness.

You can succeed your life, succeed your wishes, you can find solution, the joy you want... Finding and building your ways around here and the happiness.

You can be really happy, identifying your needs and learning to satisfy them.

You can be truly at peace, finding a serenity source.

You can find the keys that open the doors...

Do it for our good and for the good life.

***This we must do today and always,
so don't rush, don't waste time***

Think, observe, ask your own questions, find your own answers. Always, be responsible, honest, correct, friend, use common sense, the master in your life is you !

Come on, motivate yourself !

0 - 9 anos

0 - 9 anos

Write now about the bad to destroy ?
Explain in true what happened ?
What caused this ?

Ask yourself what to do ?
What can help you today ?

The solution ?
Must to protect yourself
Must to have justice
Must to destroy all the bad

***Know that you can't change the past
But you can change the future
And the future begins today***

Write now what you think about the other, the others that compound your surroundings.

Write what do you to them ?

What do you help them ?

Tell the truth.

No mistake.

Write also about life, nature, the new, happiness...

Develop your ideas about yourself and around this book.

Search and research in your brain, in your heart, in your memory. Some things will be very pleasant to remember.

**« We always harvest what we sow »
So sow good things**

0 - 9 anos

0 - 9 anos

Write now what's new ?

What have you improved in your life ? In your being ?

What are the victories acquired now that you give yourself time and personal importance ? Now that you listen yourself, that you read yourself, that you love yourself...

How this will help you now ? And in the future ?

And us ?

The happiness to live ?

The joys to develop ?

Period in your life 10 -- 19 years

Write now your happy moments.

Talk about your discoveries, your joys, your great laughs, your victories,
your present and future wishes...

Talk about the happy times that give you the people around you. Talk about your best moments and about all the people or things that are part in those moments.

Every detail is important.

Do these things again, they do you good.

And find new things that you like.

Come on, motivate yourself !

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The happiness to live ?

The joys to develop ?

Period in your life 20 -- 29 years

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Come on, motivate yourself !

20 - 29 anos

20 - 29 anos

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And us ?

The happiness to live ?

The joys to develop ?

Period in your life 30 -- 39 years

Write now your happy moments.

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your present and future wishes...

Talk about the happy times that give you the people around you. Talk about your best moments and about all the people or things that are part in those moments.

Every detail is important.

Do these things again, they do you good.

And find new things that you like.

Come on, motivate yourself !

30 - 39 anos

30 - 39 anos

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 What caused this ?

Ask yourself what to do ?
 What can help you today ?

The solution ?
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And us ?

The happiness to live ?

The joys to develop ?

Period in your life 40 -- 49 years

Write now your happy moments.

Talk about your discoveries, your joys, your great laughs, your victories,
your present and future wishes...

Talk about the happy times that give you the people around you. Talk about your best moments and about all the people or things that are part in those moments.

Every detail is important.

Do these things again, they do you good.

And find new things that you like.

Come on, motivate yourself !

40 - 49 anos

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Write now about the bad to destroy ?
 Explain in true what happened ?
 What caused this ?

Ask yourself what to do ?
 What can help you today ?

The solution ?
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And us ?

The happiness to live ?

The joys to develop ?

Period in your life 50 -- 59 years

Write now your happy moments.

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your present and future wishes...

Talk about the happy times that give you the people around you. Talk about your best moments and about all the people or things that are part in those moments.

Every detail is important.

Do these things again, they do you good.

And find new things that you like.

Come on, motivate yourself !

50 - 59 anos

50 - 59 anos

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 What can help you today ?

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And us ?

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The joys to develop ?

Period in your life 60 -- 69 years

Write now your happy moments.

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your present and future wishes...

Talk about the happy times that give you the people around you. Talk about your best moments and about all the people or things that are part in those moments.

Every detail is important.

Do these things again, they do you good.

And find new things that you like.

Come on, motivate yourself !

60 - 69 anos

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 Explain in true what happened ?
 What caused this ?

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 What can help you today ?

The solution ?
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No mistake.

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Period in your life 70 -- 79 years

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The joys to develop ?

Period in your life 80 -- 89 years

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Talk about the happy times that give you the people around you. Talk about your best moments and about all the people or things that are part in those moments.

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Come on, motivate yourself !

80 - 89 anos

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And us ?

The happiness to live ?

The joys to develop ?

Period in your life 90 — 99 years

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Talk about the happy times that give you the people around you. Talk about your best moments and about all the people or things that are part in those moments.

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Come on, motivate yourself !

90 - 99 anos

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Now you've written enough.
But it's not finished.

A story :

One day during a traveling abroad, I was around a table with an acquaintance and I saw passing before my eyes small balls resembling snowflakes.

They passed in the air and I followed them with the eyes. There were seven or eight balls, they passed and fell down to the ground.

Except one, which is mounted.

This book has been made for you, really for you.

It's natural solution and cure, without contraindications, which are just words written on white paper.

My words... Your words... Our words...

Knowing how to identify your needs and learning how to satisfy yourself are the greatest keys to happiness, success, victory, health...

You will find here the tools to obtain this.

I made long journeys in my being and I discovered that...

...Finally, find you yourself, the important here is you !

